

Sports program & league

Youth Wrestling (Grades K - 3)

REGISTRATION: Through October 8

Registration forms available at City Recreation Centers, Parks and Recreation Administration Bldg, and at the Athletics Office.

REGISTRATION FEE:

\$40.00/first child

\$35.00/each additional child from the same family.

Fee covers a six week season and a program T-shirt.

Instruction held on Tuesday and Thursday evenings at Belmont Center beginning November 1. Meets held on Thursday evenings, November 10, & December 1, 15 at Easterday Center.

Call 441-7892 for further information.



NFL Punt, Pass & Kick Competition

Boys and Girls Ages 8 - 15 (ages as of Dec. 31, 2005)

Saturday, September 17

Lewis Sports Complex, 233 South 23 Street

THE COMPETITION IS FREE!

Registration begins at 9:30 am. Compete anytime between 10 and Noon. This program creates a lively and engaging forum for boys and girls to compete separately against their peers in punting, passing, and kicking skills. Youngsters may advance through competitions at the local, state, regional (Kansas City Chiefs) and national (NFL playoff game) levels.

Pre-registration is recommended although "day of" entries will be allowed. Registration forms available at City Recreation Centers, Parks and Recreation Admin. Bldg, and at the Athletics Office.

Call 441-7892 for further information.



Boys Basketball (Grades 2 - 8)

Official Youth League of the National Basketball Association

Grade Divisions: 2-3 (Instructional) 3-4 5-6 7-8

Registration: October 3 - November 3

Registration forms available at City Recreation Centers, Parks and Recreation Administration Office at 2740 A Street, and on-line at lincoln.ne.gov Keyword: sports

~ No additional jersey fees ~ Adult referees ~ Adult supervision ~
~ Scholarships available for qualified individuals ~
~ Registration includes season-ending party for all players ~

Registration Fee:

\$40/first child and \$35/each additional child, same family. Fee covers a seven (7) week season, post season party, and program T-shirt. Game jerseys are checked out prior to the season opener. No extra fee! Games played on Saturday mornings at the Belmont and Calvert Recreation Centers beginning December 3.

Call 441-7892 for more information

Holiday Shots Youth Indoor Soccer

(Boys and Girls Grades 3 - 8)

Play Indoor Soccer the International Way
~games played on basketball courts ~

REGISTRATION: November 15 - December 15

Registration forms available at City Recreation Centers, Parks and Recreation Administration Bldg, and at the Athletics Office.

REGISTRATION FEE: \$10.00/per child

7 players per team maximum (5 v 5 games) Fees include program T-shirt.

FESTIVAL FORMAT: Round robin format

All teams receive 3 games. Day includes games, contests, and prizes.

Festival is scheduled at Air Park West Recreation Center on Thursday, December 29.

Call 441-7892 for further information.

3 on 3 Holiday Hoops Youth Basketball

(Boys & Girls Grades 3 - 8)

REGISTRATION: November 15 - December 15

Registration forms available at City Recreation Centers, Parks and Recreation Administration Bldg, and at the Athletics Office.

REGISTRATION FEE: \$10.00/per child

Maximum of 5 players per team

Fee includes a program T-shirt.

FESTIVAL FORMAT: Round robin format.

All teams receive 3 games. Each day includes games, contests, and prizes. Festival is scheduled at Air Park West Recreation Center on Tuesday, December 27.

Call 441-7892 for further information.

Boxing Club (Ages 8-Adult)

A program of Air Park West Recreation Center

Begins	Day	Time	Location	Fee \$
	T/H	6:30 - 8:00 pm	Air Park West	Free

Coaches must be present when boxers train. Gloves and helmets will be provided. You will be asked to provide a mouth guard. Boxers will be divided into two groups--the Silver Boxers ages 8-16 years and the Golden Boxers ages 17-38 years. Anyone who is interested is encouraged to attend a workout.

Call 441-7876 for more information.



The Let 'Em Play Pledges

Coaches, I pledge to: Treat all children with equal respect; keep the reason for the game in perspective; use appropriate discipline; take injuries seriously; replace put downs with instruction; motivate with praise not name calling; do not accept abusive behavior;

Parents, I pledge to: Prepare my child to be an athlete; encourage instead of yell; remember the purpose of the game; not coaching from the sidelines; be a positive role model for my child; put my child's needs first; evaluate myself;

Young athletes, I pledge to: be honest with my coach; be honest with my parents; to do my best; support my team and be a fair loser as well as a good winner.

Sports program & league

Basketball (Ages 18+ and out of High School) Men's & Women's & Men's Church

REGISTRATION: October 3 - 7 8:30 am-4:45 pm

Teams may choose a night and class for regular season based on availability. When leagues are filled, a waiting list will be maintained.

TEAMS NEED REGISTER AT: Athletics Office
233 S. 23 Street (Muny Bldg.)

REGISTRATION FEE: \$280.00/Team (Men's & Women's)
\$260.00/Men's Church

SEASON FORMAT:

Women's Teams - (10 game guarantee) 8 game regular season with a double elimination tournament.

Men's Teams - (10 game guarantee) 8 game regular season with a double elimination tournament.

Men's Church Teams - (9 game guarantee) 7 game regular season with a double-elimination tournament.

Games played Monday through Thursday evenings with game times starting at 6:45 p.m. Not all leagues play on all nights.

League play begins on November 14, 2005.

Refunds - ADULT TEAM SPORTS

Requests for refunds one week or more prior to the first scheduled game are subject to a \$15.00 service charge. Requests for refunds received prior to the second scheduled game are subject to a \$30.00 service charge. Refunds will not be granted after the second scheduled game.

Volleyball (Ages 18+ and out of High School) Men's & Women's

TEAM REGISTRATION:

Returning Teams: Nov 8 & 9 8:30 am - 4:45 pm

New Teams: Nov 10 & 11 8:30 am - 4:45 pm

Register at the Athletics Office, 233 S 23 Street (Muny Bldg.)

REGISTRATION FEE: \$225.00/team

Teams may choose a night and class for regular season based on availability. When leagues are filled, a waiting list will be maintained. This is an eight game regular season with a double elimination tournament. Games played Monday through Thursday evenings with game times starting at 6:15 pm.

League play begins on January 9, 2006.

Call 441-7892 for further information.

Table Tennis Challenge (All Ages Welcome)

Begins	Day	Time	Location	Fee \$
Sep 11	Su	5:00 - 10:00 pm	Belmont	25.00/13 weeks or 3.00/week

The League will meet at Belmont Recreation Center, 1234 Judson. Players of all ability levels are encouraged to join. Handicaps are used to even out play. Players may furnish their own paddles or use Department equipment. Sandpaper paddles are not allowed. Each team must furnish a game ball every week. Everyone may compete in singles and doubles competition. The number of divisions will depend on the number of participants. Participants may play in both leagues if interested. Elementary age children are welcome but must be accompanied by an adult. Individual instruction is given between 5:00 - 6:00 pm.

Call 441-6789 for further information.

Disc **Golf** and BMX **Track**

Disc Golf Courses in Lincoln

MAX E. ROPER PARK

This 27 hole course is best accessed at N. 3rd & Fairfield Streets. Players of all abilities are put to the test on each of Max Roper's 27 holes. Shots over water, through trees, and off of steep slopes are just a few of the obstacles that await you here in Lincoln. Long open fairways are a "grip and rip's" dream, while several short holes offer the perfect opportunities for that elusive ace. **Roper Park Disc Golf Course** has: 27 Holes, Multiple Pin Placements, Multiple Tees, Cement Tees, Mach III Baskets, and the holes range from the shortest at 141 feet to the longest at 666 feet.

TIERRA PARK

Tierra Park Disc Golf Course at South 27th Street & Tierra Drive has six of it's nine holes which are located in or near a highly wooded area. Accuracy is very important if you wish to keep your discs in their normal shape and keep a low score. Most holes have multiple pin locations, all have multiple tees. The trees at Tierra Park provide plenty of shade and make the Scott Whitcomb Memorial Disc Golf Park a good place to play on those hot summer days. On the other hand, overgrowth is plentiful which makes the course more popular in the winter when the leaves are missing. The **Roper Park Disc Golf Course** has: 9 Holes, Multiple Pin Placements, Multiple Tees, Natural Tees, Mach III Baskets, and the holes range from the shortest at 110 feet to the longest at 432 feet.

Visit: www.nebdisc.com or contact Andrew at achisholm@neb.rr.com or 402-488-4211 for more information about disc golf in Lincoln.

Star City BMX Track

(1/2 mile south of Cornhusker Highway on 1st Street and Charleston)

The Star City BMX Track is open to the public during regular city park hours except during racing events, practice sessions, clinics, maintenance, or when the racing surface is wet or muddy. Motorized vehicles are prohibited. The Star City BMX Track is maintained by volunteers. Star City BMX volunteers provide restrooms and pay for lighting and water. They also do their own groundskeeping, maintenance and operation. The track is funded by racing fees and sponsors, and not supported by tax funds like other city parks. Improvements and operating expenses are paid by fundraising and ent

Would you like to be a volunteer?

Star City BMX needs volunteers to help staff weekly races. It's fun! You can take registrations, be a track official, help with staging or scoring, or be a starter, or track worker. Visit www.starcitybmx.com for more information on how you can help become a "Friend of the Track".

Call 402-770-5285 (Matt) or 402-540-6540 (Tom) for more information or visit www.starcitybmx.com